STARTING SOLIDS

Solids do not help young infants to sleep through the night. Starting solids too soon can:

- cause choking
- · be hard for baby to digest
- · cause food allergies
- prevent baby from getting enough breastmilk or formula

BABIES ARE READY FOR SOLIDS WHEN THEY CAN:

- Hold his/her neck steady
- · Sit without support
- Open mouth when food is offered
- Draw in lower lip when spoon is removed from mouth
- Keep food in mouth and swallow it
- Reaches for food showing they want some

State (SDCL 20-13) and Federal (Title VI of Civil Rights Act of 1964, the Rehabilitation Act of 1973, as amended, and the American's with Disabilities Act of 1990) law require that he S.D. Department of Health provide services to all persons without regard to race, color, creed, religion, sex, disability, ancestry or national origin.

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STEPS TO INFANT FEEDING

GENERAL TIPS





Feeding baby in the first year can be both exciting and challenging. It is important to relax and enjoy feeding time. You will learn what baby does to say "I'm hungry" or "I'm full'. Learn to be flexible. It will help you to know:

- Baby will eat different amounts of food at different times. Babies will each have their own pattern.
- Baby may show hunger by:
 - · sucking on hands
 - making sucking movements
 - · holding tight fist over stomach.
- When baby is full, he/she might:
 - spit out the nipple or food
 - · fall asleep
 - play with or bite the nipple
 - play with the food
 - lie quiet and suck once in awhile
- Baby knows how much to eat. Do not force baby to eat it all.
- When baby cries, it does not always mean hunger. Baby might need a diaper change or to be held or cuddled. Learn which cry means hunger.



- Babies have growth spurts. They will eat more often when growing. Common times for growth spurts are:
 - 2 to 4 weeks
 - 3 months
 - 6 months
- It is a myth that cereal will help baby to sleep all night. Don't start cereal or other solid food too early.
- Throw out leftover formula after each feeding. It should not be reheated and used. It may make baby sick.
- Always hold baby when feeding.
 Baby will feel more loved and secure. Propping the bottle can cause ear infections, promote tooth decay and make it easier for baby to choke.
- Honey should not be used during the first year. It can contain botulism, a deadly food poison.
- A little spitting up is normal. If you are concerned, ask your doctor, nurse or other health professional.
- To prevent tooth decay after baby's teeth come in, try not to feed baby breastmilk or formula right before naptime or bedtime. After baby eats, be sure baby swallows to clear mouth of breastmilk or formula.

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SUGGESTED DAILY FEEDING SCHEDULE



















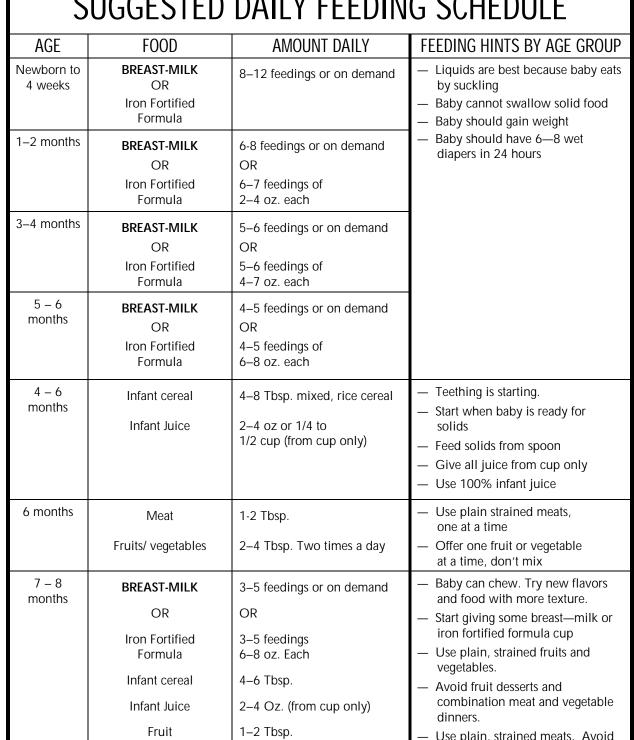




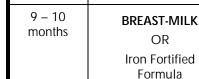


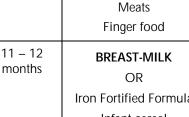














Vegetable

Meats

Finger food

Infant cereal

Infant Juice

Fruit

Vegetable

5-7 Tbsp.

1-2 Tbsp.

1 small serving

3-4 feedings

6-8 oz. Each

4 Oz. (from cup only)

4-6 Tbsp.

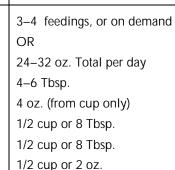
6-8 Tbsp.

6-8 Tbsp.

4-6 Tbsp.

small serving

3-4 feedings or on demand



- combination or high protein
- Finger food ideas: toast, crackers, teething biscuits, small dry cereals, banana, cooked carrots. Do not use bran cereals.
- Baby can bite and chew well.
- Use foods with more texture, ie: chopped, diced, small chunks
- Use cup often.
- Offer water as desired.
- Finger foods should be soft, well cooked, bite size pieces of table foods.
- Avoid foods that can cause choking such as hot dogs, grapes, raw fruit, etc.
- Use the cup more and the bottle
- Baby can use hands to feed self.
- Baby can chew better so whole pieces of soft table foods can be
- Avoid foods that can cause choking such as hot dogs, grapes, raw fruit, etc.

































Note: For solids, homemade or purchased baby foods my be used.